

REPORT

BY THE

ORDINARY MANAGERS of the ROYAL LUNATIC ASYLUM, for the Year 1845. Presented to the ANNUAL GENERAL MEETING held on Monday the 26th January, 1846.

THE Managers are happy to report, that during last year the progress of this Asylum has been most satisfactory ; and they are convinced that it will now stand a favourable comparison with any other in the kingdom. Occasional difficulties and discouragements will arise in every such institution ; but as the modern system of treatment gets better understood; these also become less formidable ; and, generally speaking, the interior aspect of an Asylum for the Insane now exhibits as much of order, quietness, and comfort as can be witnessed in any other public establishment.

The number of inmates has increased from 303 in the house on 1st January 1845, to 404 on 1st January 1846 ; and, as will be seen from the abstract of accounts, the income from their board alone has within the same period increased from £6811, 8s. $9\frac{1}{2}$ d. in 1844, to £8261, 6s, $2\frac{1}{2}$ d. in 1845. Until the close of last year, the Managers could scarcely be said to possess sufficient *data* for estimating correctly the amount of board necessary to be charged for the poorer classes, relatively to the expense of their maintenance ; but it is now evident that they were justified in fixing the rate so low as £15 a-year, although the expense of maintenance and clothing for the *insane* must always be fully a third more than is requisite for supporting the *sane* poor in a workhouse. The accounts exhibit a surplus on the ordinary revenue of nearly £400,—not, indeed, a large surplus for the amount of revenue, but sufficient to prove that the finances of the Institution are

in a healthy state, and that the Managers have hitherto proceeded on a safe calculation. They have therefore reason to hope, that on the extinction of the debt incurred for the new buildings, it will be in their power gradually to reduce still farther the rate of board for the poor and necessitous of all classes, and particularly for those of the *educated insane*, whose means are inadequate to pay the ordinary rate, and who yet cannot, without the risk of aggravating their malady, be placed in the poor department of the Institution. The Managers have frequently most urgent applications on behalf of such persons, and they are in many cases obliged to reduce their board even to *half* the usual rate; but they would often gladly reduce it still more, if they had the means of doing so. They therefore trust that the benevolent will not cease to remember this object; for they may be assured that in no other way can donations or legacies be bestowed with a greater certainty of doing good, and relieving distress, however little that distress may become obvious to public view.

The second portion of the new Establishment was finished in January last, at an expense of above £8000, and has completely answered the purposes for which it was designed. Besides providing accommodation for nearly 100 patients, it contains suitable apartments for the officers, and a spacious hall, in which from 200 to 300 of the inmates are assembled every Thursday for amusements, and twice every Sunday for Divine service. These meetings evidently produce much gratification to the inmates, and, it is hoped, also tend to their benefit in other respects.

It seems scarcely possible to determine the limits of a Public Asylum for the Insane. The new Asylum, when proposed in 1840, was designed for 230 patients of the poorer class—an extent then thought amply sufficient for the wants of the district; but it has since been extended, to accommodate about 350; and already it is quite full, so that many applications for admission are necessarily refused. It seems evident,

therefore, that very soon the Managers must again proceed to enlarge the accommodation, not only because they are bound to admit *all* the insane poor of *Edinburgh* and *Leith*, but also on account of the number of incurable patients being always found to accumulate; and the Managers feel that the public ought not to have these thrown upon them, even were the removal of such inmates not likely to be detrimental to their own comfort. The least expensive, and perhaps the most advisable remedy for this state of matters, would be the erection of a separate building for the imbecile and less curable, apart from the main Establishment, but yet so near as to render the Kitchen and Laundry, &c. available for both. By being separated from the other, and not requiring the same elaborate arrangements, this additional building might be erected on a less expensive plan—so as not only to accommodate a large number of patients, but also to diminish, for the whole Institution, the average cost of their maintenance. Such a building, of *plain exterior*, and fitted to contain about 120 inmates, might, it is thought, be erected for about £5000; and if a portion of that sum could be raised by granting more rights of presentation or otherwise, the Managers would not be afraid of incurring a farther debt for the rest, as they conceive that the result of this extension would be to *increase* rather than diminish the present surplus of income.

In the meantime, it is gratifying to think that so much has been already accomplished by means of voluntary contributions. The buildings of both departments have cost not much under £60,000, and yet the whole debt upon them is only about £11,000—which (if farther buildings could be dispensed with) would in a few years, by the observance of due economy, be entirely wiped off.

In conclusion, the Managers refer with pleasure to the accompanying Report by Dr MACKINNON, for an account of the system of treatment pursued in the Asylum, and of its very satisfactory results.

ABSTRACT

OF THE

TREASURER'S ACCOUNTS FOR THE YEAR 1845.

INCOME AND RECEIPTS.

I. ORDINARY.

1. Amount of Board for Patients, . . .	£8,311	6	2½
Less Board of Three Life Patients,	50	0	0
			£8,261 6 2½
2. Rent of Grounds Let, Crop 1844, . . .	£101	6	11
And Produce, &c. sold . . .	87	2	7½
			188 9 6½
4. Sundries,	241	0	0½
			£8,690 15 9½

II. EXTRAORDINARY.

1. Subscriptions and Legacies paid, . . .	£518	16	0
2. Additional Loans,	4,700	0	0
			5,218 16 0
Total Receipts,			£13,909 11 9½

EXPENDITURE.

I. ORDINARY.

(1.) Disbursements for the Institution—viz.

1. Provisions, Coals, Gas, &c. . .	£4,033	0	0
2. Wages of Attendants, &c. . .	1,053	1	4
3. Repairs and Furnishings, . . .	1,204	4	11½
4. Taxes and Assessments, . . .	121	7	5½
5. Insurance against Fire, . . .	21	8	0
6. Water Duty, . . .	50	0	0
7. Feu-Duty, less Income-Tax, . . .	384	9	0
8. Interest on Loans, &c. . .	430	2	8½
9. Miscellaneous,	118	17	9

Carry forward, £7,416 11 2½ £13,909 11 9½

Receipts brought forward, £13,909 11 9½
 Expenditure—continued, £7,416 11 2½

(2.) Salaries, &c.—viz.

1. Resident Physician,	£300	0	0
2. Assistant do.,	60	0	0
3. First Matron,	70	0	0
4. Second do.,	45	0	0
5. House Steward,	39	7	6
6. Gardener and Gate- keeper,	55	0	0
7. Consulting Physician,	25	4	0
8. Chaplain,	45	0	0
9. Secretary and Clerk,	26	5	0
10. Treasurer and Clerks,	160	0	0
		825	16 6
			£8,242 7 8½

II. EXTRAORDINARY.

(1.) Payments on account of New Buildings,
viz.

1. Engineer, (Maxton)	£100	0	0
2. Mason,	423	0	0
3. Wright,	544	17	10
4. Plumber,	192	17	4
5. Bellhanger,	30	6	4
6. Plasterer,	64	19	9½
7. Engineer (Haden),	152	10	0
8. Architect,	230	0	0
9. Furniture, &c.	698	6	1½
10. Sundries,	152	19	4
11. Agent's Account for Business and Dis- bursements, &c.	47	5	0
		£2,637	1 9

(2.) Mr Hughes' Retired
Allowance, less In-

come Tax, 59 2 6

(3.) Loans paid off, 6,400 0 0

9,096 4 3

17,338 11 11½

Surplus Expenditure, £3,429 0 2

From which Deduct—

1. Balance due by Treasurer at 31st
December 1844, £958 6 3½Less Arrears of Board due at 31st
December 1845, £149 11 8

Deducting ditto at 31st

December
1844, 50 12 2½Less a sum
repaid, 6 5 0

44 7 2½

105 4 5½

853 1 10

Balance due to Treasurer at 31st December 1845,

£2,575 18 4

A B S T R A C T
 OF THE
ORDINARY INCOME AND EXPENDITURE.

Amount of Ordinary Receipts, as before,					£8,696	18	0
Do. do. Payments do.	£8,242	7	8½				
Add for Gas, &c., still due,	80	10	3½				
					8,322	18	0
Nett surplus on the Year,					£374	0	0

STATE OF THE FUNDS AT 31ST DECEMBER 1845,

I. DEBTS AND LIABILITIES.

1. Amount of Promissory Notes,					£9,250	0	0
2. Accounts for the Quarter ending this date,					1,720	17	8
3. Balance due to Treasurer,	£2,677	12	9				
Deducting ditto due by Physician,	109	10	5				
					2,568	2	4
					£13,539	0	0

II. ASSETS.

1. Subscriptions and Legacies outstanding, say £2,000	0	0
2. Arrears of Board,	147	14
3. Rent of Grounds, Crop 1845, and Value of Produce, Provisions, &c., on hand, say	440	5
		7
		2,588
Deficiency,		0
		0

List of Subscriptions, &c. obtained in 1844 and 1845.

I. INDIVIDUALS.

William Mitehell Innes, Esq. of Parson's Green (to make up £100, for two rights of presentation),					£4	0	0
Mr Andrew Crombie,					5	0	0
Messrs. Richardson Brothers,					10	0	0
Mr John Tod, Burntisland,					1	0	0
Messrs. J. and D. Anderson, Nairn,					10	0	0
H. M. Gibb, Esq. Royal Hotel (additional),					1	1	0
Mrs Duncan (p. Messrs Whyte & Co.),					0	10	0
Mrs General Durham (p. Do.),					1	0	0
A Lady (p. Do.),					1	0	0
Miss Dundas (annual subscription),					1	0	0
Mr John Crombie (additional),					1	1	0
H. M. Gibb, Esq. (do.),					1	0	0

List of Subscriptions, &c.—continued.

2. PARISHES.

Dalkeith (to make up £70),	£3	7	8
Coldstream,	10	0	0
Dingwall,	60	0	0
Fodderty,	10	0	0
Dirleton (to make up £100),	24	16	6
Whitburn (balance of £10),	5	10	11
Newton (to make up £50),	40	0	0
Torphichen,	50	0	0
Dunrossness,	50	0	0
Cockpen (additional, to make up £70),	50	0	0
Duddingston (additional, for right to present all its insane poor),	150	0	9

3. LEGACIES.

Miss Jessy Jackson,	£100	0	0
Dr T. C. Hope,	50	0	0
Miss Macqueen,	50	0	0

*Statement of Work done during the Year ending 31st December
1845.*

(1.) By WRIGHTS—

EXTRAORDINARY.

To Benches and Tables,	£	64	11	3
— Window Blinds and Shelves,	19	14	11	
— Presses and Book Cases,	21	9	10	
— Meal Ark and Painting,	29	14	3	
— Mahogany Chairs,	11	6	0	
— Cart and Barrows,	6	4	4	
— Seed-House and Fence round the Grounds, 29	11	3		
				182 11 10

ORDINARY.

(2.) By TAILORS—

To Clothes made,	:	:	:	£241 17 8
— Do. repaired,	:	:	:	87 17 8
				329 15 4

(3.) By SHOEMAKERS—

Total Work done.

Value of Wood, &c. on hand 31st December,	.	.	£63	8	0
Do. of Cloths, Shirts, &c. on hand,	.	.	44	0	3
Do. of Provisions, &c. on hand 31st December,	.	.	7	6	6
			<hr/>		
			£114	14	9

List of Provisions, &c. used in both Departments in 1845.

Roasting Meat,	12,371	lbs.	Tea,	.	.	694½	lbs.
Boiling,	15,693½	—	Coffee,	.	.	1801	—
Houghs,	21,129½	—	Raw Sugar,	.	.	5,610½	—
Heads,	32,226	—	Lump Sugar,	.	.	601½	—
Pork,	2,172	—	Molasses,	.	.	50	—
4lb. Loaves,	11,464	—	Salt,	.	.	6,068	—
6 oz. do.	174,272	—	Beer,	.	.	6,233	galls.
Oatmeal,	65,497	—	Porter,	.	.	1,245	—
Flour,	3,388	—	Mustard,	.	.	75	lbs.
Barley,	15,744	—	Vinegar,	.	.	35	—
Rice,	1,069	—	Black Pepper,	.	.	88	—
Sago,	395	—	White Soap,	.	.	527½	—
Pease,	4,635	—	Brown do.	.	.	2,541	—
Potatoes,	213,954	—	Soft do.	.	.	1,800	—
Fresh Butter,	374½	—	Soda,	.	.	1,540	—
Salt do.	2,749	—	Starch,	.	.	129½	—
Sweet Milk,	2,487	galls.	Candles,	.	.	257	—
Skimmed do.	14,110	—	Blacking,	.	.	160	—
Cheese,	96	lbs.	Currants,	.	.	328½	—
Eggs,	739	doz.	Arrow Root,	.	.	112	—

List of Vegetables and Potatoes used in 1845.

Beans,	31½	pecks.	Leeks,	.	.	1,252½	bolls.
Beet,	43	lbs.	Onions,	.	.	5,421	lbs.
Broccoli,	653	hds.	Parsley,	.	.	308	bolls.
B. Sprouts,	125	galls.	Pease,	.	.	224½	pecks.
Cabbage,	17,432	hds.	Potatoes,	.	.	476½	bolls.
Carrots,	3,720	lbs.	Rhubarb,	.	.	472	doz.
Cauliflower,	458	hds.	Savoys,	.	.	6,371	hds.
Cellery,	211	—	Spinach,	.	.	21	galls.
Kidney Beans,	10	pecks.	Turnips,	.	.	36,779	lbs.

Yearly average number of Males, 200.31—Females, 193.25—Total, 393.57.

Officers and Domestics—Males, 30.80—Females, 33.54—Total, 64.35.

PHYSICIAN'S REPORT

FOR

1845.

Read at the General Meeting held on the 26th January 1846.

DURING the year 1845 there were admitted into the Institution 253 patients; discharged during the same period 113, (of whom were recovered 81, more or less improved 32,) and there died 38. The mean number of patients resident was 393.57. It thus appears that the recoveries were in the ratio of 20.58 per cent to the mean number resident, and 32.13 to the number of the admissions while the deaths were 9.65 per cent to the former and 15.01 to the latter. The proportion of the total number discharged more or less benefited by their residence in the institution was 28.71 and 44.66 per cent, to the mean number resident and to the number of the admissions respectively. In the above statement no distinction is made into *curable* and *incurable* cases. To the latter category, as will appear from an examination of the tables subjoined, the great majority of the cases admitted is referable. In the returns of the past year are included the inmates of the City Bedlam who were transferred to this Institution, with the exception of the very few who were removed in 1844; and this is a cause in operation during the year, which, influences the returns unfavourably. A like effect was displayed in the returns for 1843, in which year the incurable residue of the Lunatic Department of St Cuthbert's Workhouse, and some Private Asylums was transferred to this Asylum. In 1844 during which there was no such admission *en masse* of old cases, the recoveries rose to 30.63 to the mean number resident, and 55.55

to the number of the admissions, while the mortality was only 6.8 per cent to the former and 12.34 to the latter. Such effects were anticipated and announced in former reports as awaiting the Institution, when its extension, to meet the wants of the insane poor, first took place. Illustrations are here also afforded of the very evident principle that the returns of any single year are not to be depended on in the statistics of Insanity in general, or of any Institution in particular. The returns of the past year when allowance is made for the causes influencing them that have been alluded to, are more favourable than I anticipated. It has only been by extraordinary care that the *mortality*, in particular, has been prevented from becoming greater among the many debilitated cases that the Institution now numbers among its inmates.

The facts of the year are arranged as formerly in tabular form. From the Tables having reference to the Admissions it will be seen, in accordance with former observations, that 201 were of fair and only 52 of dark complexion. Hereditary predisposition was ascertained to exist in 61 : it was maternal in 19, and paternal in 11, where this distinction of origin could be made. The Table exhibiting the forms assumed by the disease shows, that in 85 the disease was presented in the all but incurable form of Dementia. Another Table shows that the disease was of more than one year's duration, or, had passed the stage when treatment can be used with a fair prospect of success, in 104. These details illustrate the unfavourable nature of the generality of the cases admitted during the year. The Table of Causes presents a large number *unascertained*—the history of many old cases being altogether unknown. Intemperance includes an unusual number. Pecuniary losses, religious excitement, disappointed affections, overstrained mental exertion, affronts received, desertion by relatives—all number their victims. The Table of Recoveries presents two examples of Dementia cured. One of these is interesting from the nature of the curative agency at work, which was the unexpected bequest of a legacy of considerable amount to the individual. The intelligence when communicated gave a beneficial shock to the mind which was followed by a slow but progressive amendment. Another recovery took place from a state of coma and insensibility continued for many weeks. The Table of the Period of Residence in the Asylum of those recovered

points eloquently to the fact that it is not among the old inmates of an Asylum that recoveries can be numbered. The Table of Deaths offers materials for much interesting remark if limited space did not prevent me going into detail. Perhaps the most important fact which it shows is the large proportion of cases in which tubercular disease was found to have coexisted with Insanity. Out of 23 Patients in whom the chest was examined, deposits of tubercle were found in the lungs of 14. *Phthisis Pulmonalis* was not in all these cases the cause of death, but the presence of tubercle in the lungs throws light on that abdominal affection which more immediately caused the fatal termination in some, and we conclude, not less certainly, that the mortality was caused by the tubercular diathesis. I have before recorded my opinion that the insane and tubercular constitutions are nearly allied, and drawn the conclusion that the treatment, especially as regards hygiene, should be regulated on similar principles. In three cases, other deposits of an abnormal nature, and indicating likewise a depraved constitution, were found. These deposits were in two of a schirrous, and in one of a melanotic nature. Général Paralysis carried off its usual proportion of victims. In one of these cases the general paralysis was of an acute nature—the malady running its course in less than a month. The morbid appearances within the head in this case showed very clearly that the general paralysis differs not in nature but in degree from other forms of mental disease; for the inflammation or hyperemia of the membranes and of the cortical substance of the brain (the part of the organ more immediately concerned in the mental manifestations) was just more intense and accompanied with a greater effusion of serum than in ordinary cases of mania—so that the nervous influence communicated to the conducting medullary matter was necessarily impaired or rendered irregular, and the general affection of the muscular movements, under the domain of volition, produced. Senile mania, a very fatal form of the malady, was the cause of death in four. In two cases, both marked by violent excitement during life, abscess of the brain was the immediate cause of death. Bronchitis carried off two; and disease of the heart—no unfrequent complication of Insanity—an equal number. Gangrene of the lung—a disease nearly confined to the Insane, and, perhaps, pointing to the same peculiarity of con-

stitution which renders them liable to other diseases of debility, carried off one male. Three of the patients included in this table were Epileptics. In two of them, the epilepsy disappeared when consumption of the lungs, the disease which caused the fatal termination, became established,—so powerful is the diversion of morbid action which nature sometimes causes. In one of these cases, which offered a more favourable subject for trial than the epileptic cases of Asylums generally do, the administration of the nitrate of silver had been carried to the utmost extent consistent with safety with no beneficial effect,

In all the fatal cases in which Insanity existed at the time of death (for in some of the consumptive cases the mind gave healthy manifestations on the death bed, and the brain at the *post mortem* examination was found in a corresponding degree free from disease) there were found within the head morbid appearances of the more or less decided character noted in the Table. We have in Insanity a *bodily disease* to which, therefore, the same principles ought to be applied which we do to other maladies—a truth not yet fully recognised in all the practical conclusions to which it leads.

In the moral treatment of the inmates the same general principles have been followed which have been stated in former Reports. Kindness, occupation, and freedom from all unnecessary restraints have been found as efficacious as before—or perhaps more so; for every day shows more and more the power of these remedies. To the larger proportion of the inmates of an Asylum a degree of liberty little differing from that enjoyed by the sane may be accorded with safety and advantage. They may daily extend their exercise beyond the enclosures, visit frequently the homes of their affections, and become spectators of whatever of interest or instruction is going on in the world without. Their honour may be appealed to, and their conduct, in certain circumstances, depended on, in a degree which scarcely, if at all, leaves them behind mankind generally. It is only when confidence is thus reposed in them that the strength of their moral feelings becomes known. If, in according such confidence, the anxiety of their guardians is sometimes increased, the reward is proportionably great when they find that it is not reposed in vain. It becomes gratifying to find that the Institution in carrying

out such principles comes to be regarded as a second home by not a few, and that those who have ceased to require its care continue to visit it from time to time, to renew the friendships which have been formed within its walls.

I have not space to enter into details of medical treatment. Of hygienic means experience has confirmed the views stated before, regarding the advantage of a liberal diet especially for the poorer class of patients. The insane poor cannot, indeed, be treated in any respect on the same principles as general paupers. They labour under a disease the proper treatment of which requires peculiar and more expensive arrangements as regards not only food, but accommodation, clothing, &c. than are deemed necessary for the inmates of a workhouse. Yet the rates of board in most Asylums have been fixed on a scale as if nothing more were required, and their machinery has in consequence been crippled in its efficiency. An enlightened economy would have pointed out another course. Humanity teaches us to use all the means that are known to alleviate disease even when it cannot be cured. And, perhaps, with a wider range of means this malady would more frequently yield, and society be spared some of the burdens which at present it is called upon to support.

One or two particulars in the history of the year's experience call for special notice. During this period the schools alluded to in last Report have been conducted with much success in the Western Department of the Institution. The number of the Scholars has averaged daily about 60—divided into three classes, two of males, and one of females. Some patients have been thus taught to read who could not do so before, while others have learned to read better. But, besides improvement in the art of reading, the school has been made the vehicle of communicating information of a useful, entertaining, and improving description. Writing has also been taught with a considerable degree of success, and a few have made progress in arithmetic. The principal object in establishing the schools was to afford an occupation to some of the inmates who were not otherwise employed. This object has been attained, and, in a very interesting manner, for the *teaching* itself has been, in a great measure, performed by patients, who, according to their abilities, have taken a principal or secondary part in it. A schoolmaster has thus found himself at home by be-

ing afforded an occupation congenial to his habits and tastes. Both teachers and taught have been roused to some degree of mental exertion—no unimportant object where there is so great a tendency to apathy of mind. And the advantages are not confined to the patients but are reflected on the officers who assist or superintend, and who are thus placed in an interesting relation to their charge, and are afforded opportunities of obtaining a better understanding of their mental peculiarities, and deriving hints which are useful in their general management and treatment.

An interesting event to be recorded is the introduction of a Printing Press into the Institution. The primary object here was to afford another resource for the employment of the inmates. While this end has been answered, other uses have been found for the Press in the printing of schedules, diet lists, &c., by which some labour in writing has been saved and a greater degree of system introduced into some departments of the Institution. The printing of the 'Morningside Mirror' and of the Annual Report, are not uninteresting uses to which it has been turned.

The 'Mirror' itself has proved a valuable means of affording occupation to some of the inmates and amusement to all. This little periodical has now reached its fifth number and bids fair to flourish for long. It is high in the favour of all within our domain, and has obtained favourable notice in more critical quarters. In contributing to it some have been roused to exertion who were before listless and indolent. It is interesting to note that in its pages have appeared contributions from the inmates of two other Asylums, and that there are in the Editor's hands articles written by one, who, although, no longer an inmate of the Institution, has thus shown that he has not ceased to feel an interest in its welfare.

An object of some interest to the female inmates has been the establishment of a Bazaar in which has been collected for sale, specimens of their work in sewing, knitting, &c. The proceeds, when they amount to an adequate sum will be devoted to the purchase of some article of permanent interest and utility which may be regarded by them with some degree of pride as a monument of their labour.

The Weekly Meeting to which allusion has been made in former reports, retains its interest in the estimation of the in-

mates and has become, as it were, a necessary of their existence. The proceedings have generally consisted of dancing and music, but, on some occasions, as Hallowe'en and New Year's evening, have been varied by amusements appropriate to the occasion. On some recent occasions an attempt, spontaneous on the part of the inmates, has been made to introduce something in the way of dramatic representation. The first attempts were songs sung by two or three performers in character; then followed a rustic comedy, and now preparations are making, by the addition of the accessories of scenery and costume, for a more perfect dramatic representation. There has been as it were an illustration of what has been described in the History of the Drama as its rise and progress. The histrionic attempts have been encouraged, for every thing is useful in an Asylum which rouses attention or calls forth exertion in any new channel. Besides, in some cases, an additional moral remedy may here be supplied, for a melancholic could scarcely personate, even but for a time, a merry part without losing some of his despondency. It is also to be recollect—*if any apology were necessary for introducing, with due restrictions, a rational entertainment into an Asylum—* that amusements hold a different and higher place among an insane than a sane community. In the former, they form the only occupation and employment of which many minds are capable, which, without them, would sink into apathy or amentia, while, in the latter, they serve, legitimately, only the secondary end of relaxation.

Before concluding, I think it necessary to bring under the notice of the Managers the state of the accommodation of the house. In the short time which has elapsed since the last extension of the buildings was made all the additional room provided has been occupied. The present number (411) of inmates is, indeed, only accommodated by converting apartments intended for work-rooms into dormitories. This is a sacrifice which, perhaps, those only who are familiar with the working of an Asylum can appreciate. It is a crippling of the Institution in a department of vital consequence for its fulfilling the great end of *cure*. There is no probability that the pressure on the accommodation will become less. On the contrary, there is the certainty that with the prevalence of juster views of the nature of Insanity in the

public mind, and of the duty owed by society to the insane poor it will become greater. Even were the Asylum strictly confined to providing accommodation to the insane of the immediately surrounding district, a large extension would be indispensable. The necessity becomes greater when patients from other districts, not yet provided with lunatic establishments, are received, as has hitherto been done. It is for grave consideration in what form the extension is to be made—whether in completing the present building or in the erection of a separate house for incurables. It is also for the consideration of the Managers whence the funds are to be derived. With regard to this, I can only hope that there will be nothing to impose the necessity of dispensing with new and valuable appliances and resources for the proper treatment of the inmates, or to impede the progress of the Institution to greater efficiency and usefulness.

I have to acknowledge in conclusion, the very efficient assistance which I have received from all my coadjutors during the year. This acknowledgment is particularly due to Dr Irving some of whose labours in the statistics of the Institution are presented in the Tables subjoined. The Chaplain's attention to the visiting of the sick—a duty fraught with interest of the highest order—deserves also my warmest thanks.

W. MACKINNON, M.D.

T A B L E S.

TABLE I.—Exhibiting the General Results of the Year.

	Males.	Females.	Total.
Number of Inmates at the close of 1844,	159	144	303
Admitted during the Year 1845, . . .	123	130	253
Discharged,	54	59	113
{ Of whom were recovered,	36	45	81
{ More or less improved,	18	14	32
Died,	20	18	38
Number of Inmates at the close of 1845,	208	197	405

TABLE II.—Exhibiting the Ages of those Admitted.

	Males.	Females.	Total.
From 10 to 20,	5	6	11
20 to 30,	33	31	64
30 to 40,	37	35	72
40 to 50,	22	33	55
50 to 60,	20	17	37
60 to 70,	4	6	10
70 to 80,	1	2	3
80 to 90,	1	—	1
Total,	123	130	253

TABLE III.—Social Condition of those Admitted.

	Males.	Females.	Total.
Married,	39	38	77
Single,	76	82	158
Widowed,	8	10	18
Total,	123	130	253

TABLE IV.—*Religion of those Admitted.*

		Males.	Females.	Total.
Established Church,	.	74	71	145
Free Church,	.	10	6	16
Dissenters,	.	20	28	48
Episcopalians,	.	6	3	9
Roman Catholics,	.	9	7	16
Infidel,	.	1	—	1
No Profession,	.	3	—	3
Unascertained,	.	—	15	15
Total,	.	123	130	253

TABLE V.—*Education of those Admitted.*

		Males.	Females.	Total.
Well educated,	.	32	16	48
Can read and write,	.	74	77	151
Can read only,	.	10	28	38
Can neither read nor write,	.	7	5	12
Unascertained,	.	—	4	4
Total,	.	123	130	253

TABLE VI.—*Occupations or Station of those Admitted.*

		Males.	Females.	Total.
Agricultural Labourers,	.	18	6	24
Authoress,	.	—	1	1
Baker and Daughters of Bakers,	.	1	2	3
Butchers,	.	4	—	4
Blockmakers,	.	3	—	3
Brushmakers,	.	2	—	2
Carpenter, Cartwright, Millwright,	.	3	—	3
Civil Engineer,	.	1	—	1
Colliers,	.	3	2	5
Chairmen,	.	2	—	2
Coachman and Wife of Coachman,	.	1	1	2
Coach-painters,	.	2	—	2
Clerks,	.	6	—	6
Clergymen,	.	2	—	2
Domestic Servants,	.	2	40	42
Carry over,	.	50	52	102

TABLE VI.—(*Continued*)

		Males.	Females.	Total.
Brought forward,	.	50	52	102
Dress-makers,	.	—	15	15
Engravers,	.	3	—	3
Envelope Cutter,	.	—	1	1
Farmers, Wives and Daughter of Farmers,	.	5	3	8
Fisherman,	.	1	—	1
Gardener and Wife of a Gardener,	.	5	1	6
Grocer and Spirit-dealer,	.	2	—	2
Gentlewomen,	.	—	2	2
Hawkers,	.	2	2	4
Innkeeper and Wives of Innkeepers,	.	1	3	4
Labourers' Wives,	.	—	5	5
Mill-workers,	.	—	3	3
Medical Student,	.	1	—	1
Mason,	.	1	—	1
Mechanics' Wives,	.	—	5	5
Mendicant,	.	—	1	1
Manufacturer,	.	1	—	1
Nailer,	.	1	—	1
Plumbers,	.	2	—	2
Printer,	.	1	—	1
Policeman's Wife,	.	—	1	1
Stablers and Horse-dealers,	.	4	—	4
Stamp and Die Cutter,	.	1	—	1
Sailors and Wife of a Sailor,	.	3	1	4
Shoemakers and Shoebinder,	.	3	1	4
Straw-hat Maker,	.	—	1	1
Stay-makers,	.	—	2	2
Sick Nurse,	.	—	1	1
Stationer,	.	1	—	1
Shopkeepers and Wives of Shopkeepers,	.	4	4	8
Stock-broker,	.	1	—	1
Student of Divinity,	.	1	—	1
Smith and Wife of a Smith,	.	1	1	2
Soldiers and Wives of Soldiers,	.	3	2	5
Sawyer,	.	1	—	1
Stocking-maker,	.	1	—	1
Slater,	.	1	—	1
Tool-maker,	.	1	—	1
Teachers and Governess,	.	5	2	7
Teachers of Music,	.	1	1	2
Tanner and Wife of a Tanner,	.	1	1	2
Tobacco-spinner,	.	1	—	1
Tailors,	.	5	—	5
Waiter,	.	1	—	1
Washerwomen,	.	—	2	2
Weavers,	.	4	—	4
No occupation,	.	3	11	14
Unascertained,	.	—	6	6
Total,	.	123	130	253

TABLE VII.—*Temperaments of those Admitted.*

		Males.	Females.	Total.
Bilious,	.	36	38	74
Nervous,	.	32	37	69
Sanguine,	.	41	26	67
Lymphatic,	.	11	15	26
Nervo-Lymphatic,	.	—	2	2
Nervo-Bilious,	.	1	4	5
Nervo-Sanguine,	.	2	8	10
Total,	.	123	130	253

TABLE VIII.—*Complexion of those Admitted.*

		Males.	Females.	Total.
Xanthous,	.	98	103	201
Melanous,	.	25	27	52
Total,	.	123	130	253

TABLE IX.—*Hereditary Predisposition in those Admitted.*

		Males.	Females.	Total.
Hereditary Predisposition ascertained to exist, but undetermined whether on Paternal or Maternal side,	.	12	13	25
On Paternal side,	.	8	3	11
On Maternal side,	.	12	7	19
On both sides,	.	1	5	6
Total Hereditary Predisposition,	.	33	28	61
Hereditary Predisposition not ascertained to exist,	.	90	102	192
Total,	.	123	130	253

TABLE X.—*Forms assumed by the Disease in those Admitted.*

		Males.	Females.	Total.
Mania—Continued,	.	34	48	82
Epileptic,	.	4	3	7
Puerperal,	.	—	2	2
Senile,	.	2	4	6
Total Mania,	.	40	57	97
Delirium Tremens,	.	4	—	4
Melancholia,	.	19	14	33
Monomania of Suspicion,	.	7	3	10
Unseen Agency,	.	3	5	8
Pride and Vanity,	.	1	3	4
Homicidal,	.	1	—	1
Wealth,	.	—	1	1
Total Monomania,	.	12	12	24
Moral Insanity,	.	1	3	4
Dementia in the form of Imbecility,	.	22	25	47
Fatuity,	.	17	14	31
Acute,	.	3	3	6
Senile,	.	1	—	1
Total Dementia,	.	43	42	85
Congenital Idiocy,	.	4	2	6

TABLE XI.—*Causes in those Admitted.*

		Males.	Females.	Total.
Anxiety on account of friends going abroad,	.	—	2	2
Bad treatment by a step-mother,	.	1	—	1
Congenital,	.	2	3	5
Critical age,	.	—	2	2
Domestic misfortunes,	.	—	11	11
Desertion by husband—and wife,	.	1	1	2
Disappointed affections,	.	1	—	1
Disappointments,	.	—	11	11
Dyspepsia,	.	3	4	7
Exposure to sun,	.	5	—	5
Enlistment of their sons,	.	—	2	2
Carry over,	.	13	36	49

TABLE XI.—(Continued.)

		Males.	Females.	Total.
Brought forward,	.	13	36	49
Epilepsy,	.	1	3	4
Fever,	.	2	2	4
Fright,	.	1	1	2
Being fined for an assault,	.	1	—	1
False accusation,	.	1	—	1
Former attacks—(exciting cause unknown),	.	3	12	15
Grief at the loss of relatives,	.	2	7	9
Hereditary predisposition—(exciting cause unknown),	.	10	5	15
Hard labour,	.	1	—	1
Her sister being sent to an Asylum,	.	—	1	1
Intemperance,	.	25	7	32
Injury of head,	.	4	—	4
Immoderate use of drugs,	.	1	—	1
Irregular life,	.	—	3	3
Syphilis,	.	1	—	1
Loss of situation,	.	1	1	2
Manustupratio,	.	3	1	4
Mental over-exertion,	.	2	1	3
Old age,	.	1	1	2
Pecuniary losses and misfortunes,	.	17	—	17
Political agitation,	.	2	—	2
Poverty,	.	—	4	4
Puerperal state,	.	—	3	3
Religious enthusiasm,	.	5	9	14
Sudden death of a neighbour,	.	—	1	1
Uterine irregularities,	.	—	6	6
Unascertained,	.	25	23	48
Vanity,	.	—	3	3
Want of work,	.	1	—	1
Total,	.	123	130	253

TABLE XII.—Number of Cases in which Paralysis or Epilepsy existed as a Complication.

		Paralysis.			Epilepsy.		
		M.	F.	Total.	M.	F.	Total.
Mania,	.	1	—	1	6	3	9
Dementia—	{ Imbecility,	6	—	6	—	1	1
	{ Fatuity,	2	—	2	—	0	0
Total,	.	9	—	9	6	4	10

TABLE XIII.—*Duration of the Malady in those Admitted.*

		Males.	Females.	Total.
Under one year's duration, . . .		69	69	138
More than one year's duration, . . .		52	52	104
Unknown,		2	9	11
Total,		123	130	253

TABLE XIV.—*Forms of the Disease in those Discharged Recovered.*

		Males.	Females.	Total.
Mania,		26	30	56
Melancholia,		3	6	9
Monomania,		5	5	10
Dementia,		—	2	2
Delirium Tremens,		1	—	1
Moral Insanity,		1	2	3
Total,		36	45	81

TABLE XV.—*Period of Residence in the Asylum of those Discharged Recovered.*

		Males.	Females.	Total.
Under 3 months,		16	25	41
6 months,		7	13	20
1 year,		8	3	11
2 years,		2	3	5
3 years,		3	1	4
Total,		36	45	81

TABLE XVI.—*Of Deaths with Morbid Appearances.*

No.	Sex.	Age	Duration of Insanity.	Period of Residence in Asylum.	Form of Insanity.	Cause of Death.	MORBID APPEARANCES.	
							In the Head.	In other parts of the Body.
1	M.	50	13 months	7 months.	Melancholia.	Apoplexy.	Scalp very vascular. Bones thin. Dura mater slightly adherent to the cranium. Sinuses engorged. Slight milky opacity of the arachnoid, with considerable effusion of serum into the sub-arachnoid tissue. Pia mater engorged with blood. A tumour the size of a nutmeg adherent round the foramen ovale, and pressing on the pons Varolii, being crossed by the 5th nerve.	Several oz of serum flowed from the spinal canal, on removing the brain.
2	F.	37	Uncertain.	1 yr. 5 m.	Mania (Hysterical).	Phthisis.	Great opacity of the arachnoid, with very great effusion of serum into the subjacent cellular tissue. Superficial veins much congested. Puncta sanguinea numerous. Consistency of the brain firm. The cerebral nerves largely developed.	Upper lobes of both lungs firmly adherent, and completely hollowed out into large cavities. Lungs throughout infiltrated with tubercular matter, in a state of suppuration, and containing numerous cavities.
3	F.	35	Uncertain.	2 days.	Mania.	Bronchitis.	Dura mater firmly adherent to the bone. Arachnoid slightly opaque. Pia mater very vascular. Puncta sanguinea, numerous.	Both lungs emphysematous throughout. Bronchi filled with pus, and their lining membrane minutely injected. A schirrous tumour the size of a walnut attached to the peritoneal covering of the uterus, and another of the same size found in the muscular substance.
4	F.	46	24 years.	6 years.	Dementia.	Diarrhoea.	Sinuses and veins much engorged with blood. Arachnoid slightly opaque with effusion into the subjacent tissue. Pia mater vascular convolutions unusually small. Substance of the brain very firm. Puncta sanguinea, numerous. About 3 oz. of serum in the ventricles.	Old adhesions in both lungs, which were slightly emphysematous. Great congestion (without ulceration) in the mucous membrane of the ilium and upper part of the colon. Right ovary hollowed out into a cyst, containing melanotic matter. Marks of old disease of the right hip-joint.
5	M.	32	2 yrs. 2 m.	1 month.	Dementia.	General paralysis.	No examination permitted.	
6	M.	55	20 years.	1 m. 3 w.	Dementia.	Phthisis.	Slight adhesions of both lungs. Left lung tubercular; several cavities in its upper lobe, one of large size. Left side of the heart engorged with blood.	

7	F.	46	Above 10 years.	1 m. 3 w.	Senile Mania.	Bronchitis.	Bones of the cranium thick, and all the processes largely developed. Dura mater firmly adherent to the bone. Arachnoid very vascular, with slight opacity over the surface of the hemispheres. Considerable effusion of serum into the sub-arachnoid cellular tissue. Several oz. of serum in the ventricles.
		8	M.	43	2 months.	Melancholia.	Suicide.
		9	M.	37	16 months and a half	Dementia. (Gen. Paral.)	Pleuritis.
		10	M.	39	5 weeks.	1 month.	General Paralysis.
		11	M.	61	Uncertain.	6 months and a half	Fatuity. Old age and exhaustion.
		12	F.	40	3 years.	14 months	Fatuity. General Paralysis.
		13	M.	37	22 months	38 days.	Dementia. General Paralysis.
		14	M.	44	1 year.	5 m. 3 w.	Dementia. General Paralysis.

TABLE XVI.—(Continued.)

No.	Sex.	Age	Duration of Insanity.	Period of Residence in Asylum.	Form of Insanity.	Cause of Death.	MORBID APPEARANCES.	
							In the Head.	In other parts of the Body.
15.	F.	60	32 years.	10 months.	Monomania of Suspicion.	Cancer in the Axilla.	<p>The bones of the cranium thin. Dura mater of a remarkably glazed appearance; separated from the bone with difficulty. Considerable opacity of the arachnoid, with effusion of serum. Substance of the brain on being cut, free from bloody parts.</p>	
16.	M.	46	6 months.	8 days.	Melancholia.	Pleuritis.	No examination permitted.	
17.	M.	35	10 years.	17 weeks.	Melancholia	Phthisis Pulmonalis.	<p>Bones of the cranium thin. Arachnoid slightly opaque, with effusion of serum into the subarachnoid tissue.</p>	
18.	M.	58	10 weeks.	6 weeks.	Senile Mania.	Old age and exhaustion.	<p>Right lung adhered slightly to the chest. Aorta much dilated in the whole course of</p>	

19	F.	57	2 years.	Melancholia.	Exhaustion.	Vessels of the brain much congested. Effusion of serum on the surface of the arachnoid and into the subarachnoid tissue; with opacity of the membrane.	Slight adhesions on the right side of the chest; very extensive on left. A large vacuole existed at the apex of the left lung, with smaller ones here and there throughout its substance. Both lungs studded with tubercles, especially the left. The whole peritoneal surface was covered with miliary tubercles. The colon could with difficulty be traced, the intestines being greatly matted together. At the sigmoid flexure, it made two curves, which descended into the pelvis. The liver was somewhat enlarged, occupying the hypogastric region, and its surface was covered with false membrane. In the cortical substance of the right kidney, there was a tubercle about the size of a hazel nut.
20	F.	35	A few days.		Convulsions.	No examination permitted.	
21	M.	44	15 years.		Mania.	Abscess in the Brain.	Vessels most minutely injected. Gelatinous effusion under the arachnoid membrane. In several places, as on the lower surface of cerebellum, there were spots of purulent matter. In the substance of the left hemisphere there was an abscess, communicating with the left ventricle, which contained a large collection of pus. Purulent matter was also found in the right lateral and fourth ventricles. The left corpus striatum was much softened, and of a dark colour. The pineal gland presented the same appearance.
22	M.	29	Several years.		Epileptic Mania.	Phthisis Pulmonalis.	Slight opacity of the arachnoid. Vessels congested.
23	M.	53	3 years and a half		Epileptic Mania.	Gangrene of Lung.	Sella turcica very prominent. Dura mater firmly adhered to the bone. Very considerable milky opacity of the arachnoid, with effusion into the subarachnoid tissue. Vessels very much congested. Convolutions small.
			6 months and a half				Both lungs were minutely infiltrated with tubercles, and adhering to the diaphragm, pericardium, and parietes of the chest. Large cavities existed in both lungs, especially in the upper lobe of the left. Mesenteric glands, tubercular.
							The upper lobe of the left lung and superior part of inferior lobe were the seat of gangrene, which had completely destroyed those parts. Colon took an unusually tortuous course. Nutmeg liver. The right kidney converted into a large sac (the size of the bladder), which had a thin layer of cortical substance externally. The ureter was as large as to admit the finger, till about an inch from the bladder, where it was much contracted, apparently from inflammation. Several calculi were found imbedded in pouches in the canal of the ureter.

TABLE XVI.—(Continued.)

No.	Sex.	Age.	Duration of Insanity.	Period of Residence in Asylum.	Form of Insanity.	Cause of Death.	MORBID APPEARANCES.	
							In the Head.	In other parts of the Body.
24	M.	49	Uncer- tain.	2 yrs. 1 m.	Fatuity.	Exhaustion.	No examination permitted.	
25	M.	34	3 years and a half	7 months.	Melancholia.	Phthisis Pul- monalis.	Dura mater adherent to the bones. Slight opacity of the arachnoid. Pia mater very vascular.	Lungs studded with tubercles. Several cavities in both lungs. Pericardium contained a considerable quantity of fluid. Heart large.
26	F.	56	Many years.	25 months	Dementia.	Ulceration of Intestines.	Considerable opacity of the arachnoid, with effusion into the subarachnoid cellular tissue. Pus was found surrounding the pons varolii, and also in the ventricles.	Both lungs tuberculated. Cavities in the upper lobes. Cells of the intestines thickened. Ulceration of the cecum, almost penetrating the cecum. Patches of ulceration at Peyer's glands. Brunner's and mesenteric glands enlarged.
27	F.	56	5 months and a half	4 m. 3 w.	Mania.	Exhaustion.	Other parts normal.	
28	F.	50	Many years.	15 y. 5 m.	Mania.	Phthisis Pul- monalis.	Tubercles of both lungs, especially the left, the upper lobe of which was hollowed out into a large cavity.	
29	F.	56	13 years.	9 months.	Dementia.	Phthisis Pul- monalis.	Slight opacity of the arachnoid, with a small amount of effusion into the subjacent tissue.	
30	F.	60	4 months.	3 m. 17 d.	Senile Mania.	Old age and exhaustion.	Opacity of the subarachnoid cellular tissue to a considerable extent, with slight opacity of the arachnoid.	
31	F.	71	Uncer- tain.	4 days.	Monomania.	Old age and exhaustion.	Bones of the cranium very thin. Gelatinous effusion of serum under the arachnoid.	
							Bones of the cranium very thin. Gelatinous effusion of serum under the arachnoid.	

Emphysematous state of the inferior lobe of the left lung. Heart soft and flabby. All the coronary arteries completely ossified. Ossific deposits in the ductus arteriosus, opening into the aorta, and in the whole course of the aorta, extending as far down as the femoral artery; the inner and middle rami given way and exhibiting a

General Paralysis.	33	M.	46	10 months	5 m. 3 w.	Melancholia.	General Debility.	Right lung adherent to the plera of chest, and studded with tubercles in an early stage of their growth. Left lung healthy. There was a small ulcer at the caput coecum. The mucous membrane of the great and small intestines was easily separated, and minutely injected.
General Paralysis.	34	M.	25	61 days.	2 months.	Mania, alternating with Melancholia.	Phthisis Pulmonalis.	Lungs of both sides adherent. Large cavity in the lobe of left lung. Upper lobe emphysematous. Right lung studded with tubercles, and containing small cavities. Stomach small, with an hour-glass contraction in the centre, and having its coat thickened. The colon, on its external surface, was of a dark colour. Liver large.
General Paralysis.	35	F.	25	Several years.	16 months and a half	Dementia.	Phthisis Pulmonalis.	Lungs infiltrated with tubercles. Large cavity in upper lobe of left lung; small cavity in apex of right. About a quart of fluid in the right side of chest. Liver engorged; with tatty degeneration.
General Paralysis.	36	F.	45	1 week.	43 days.	Mania.	Disease of the Heart.	Pericardium filled with fluid. Heart enlarged and livid. Dilatation of all the cavities, which contained fluid blood. Slight ossification of the mitral valve. Liver enlarged, and having a nutmeg appearance.
General Paralysis.	37	F.	42	2 years.	17 months	Mania.	Disease of the Heart.	Pleura adherent. 4 oz. of serum in right pleura. Lungs congested and tubercular. Bronchial glands enlarged. E. fusion of serum into the pericardium, with lymph on the surface of the heart, and hypertrophy of left ventricle. Stomach firmly adherent to left lobe of liver, by its lesser curvature, and by its larger to arch of colon. Peritoneum thickened, and lymph in shreds, and concrete masses deposited on the whole of its surface. Convolutions of intestines agglutinated. Tunics thickened and dark-coloured. Mesenteric glands enlarged. Left I. hernia (intestinal). About two quarts of dark-coloured fluid in abdominal cavity, with shreds of lymph. Convex surface of liver firmly united to diaphragm. Liver enlarged and dense. Left kidney lobulated.
General Paralysis.	38	F.	51	2 years.	1 year.	Senile Mania.	Exhaustion.	Both lungs adherent by recently effused lymph. Left lung of a deep scarlet colour, and containing in its upper lobe a cluster of tubercles. In the substance of the uterus there was a small fibrous tumour.

